



LOON ORGANICS

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What's in the box 7/15-16:

Tomatoes: Cherry mix or multi-colored heirlooms.

Carrots: Mokum variety. They are the best early carrot!

Cabbage: Red, green, or savoy

Cucumbers: Peel to sweeten.

Top with creamy dill dressing (recipe on our website).

Zucchini and Yellow Summer

Squash: The yellow summer squashes can all be used just like zucchini, no need to peel. Yellow squashes may include yellow straightneck, zephyr (long yellow with light green end), or patty pan (scalloped saucer-shaped yellow and green).

Fresh Red Torpedo Onions:

Fresh onions should be stored in your fridge. These are an Italian variety of onion.

Red New Potatoes: First harvest of red norland potatoes.

They are delicious for salads, boiled, creamed, mashed, or roasted.

Fennel: White bulb is most prized part of fennel but fronds can also be used. Many ideas for you in the news this week.

Metro: Sugar Snap Peas &

Farm: Green Beans: Snap peas are heading out and green beans are coming in, so we split the difference. Everyone will get green beans next week.

Arugula, Baby Kale, Baby

Lettuce Mix: A delicious assortment of flavors for your salad or sandwich.

Dill: For your cucumbers!

CSA: Week Five (*Full Shares & Group A Half Shares*)

**Reminders:

1) Boxes are Labeled with Your Name at Pick-up -AND-

2) You Need to Check Off Your Name from the Check-Off list.

PLEASE tell anyone else picking up your box to follow these two rules so that everything runs smoothly for your farmers, pick-up hosts, and fellow members.

Thank you!

3) **Vacation Scheduling:** If you will be out of town on your pick-up day, you can go into our system and schedule a vacation change and either receive a box on your off week (half shares) or receive two boxes one week (full shares).

Schedule Changes must be put in a week in advance for us to approve. Go on-line to: <http://loonorganics.csasignup.com/members/scheduleactions> **

We have a great crew of employees and workshares this year, and we're grateful for their help and dedication to our farm through wind, cold, rain, and hot and sticky! You'll hear periodically from our employees in our weekly newsletter to give their fresh perspectives on the farm and its produce. This week, Veteran Loon employee, Katharine Plowman, is focusing on all things fennel this week, which is fitting since fennel is one of her absolute favorite vegetables!

Katharine's Ode to Fennel

Perhaps you aren't one to munch like myself on raw fennel for a snack. More than likely it ends up in the abandoned corner of the old refrigerator next to some wizened apples and the expired jar of prepared horseradish. Not to worry folks! I'm here to shed some light on this spectacular vegetable so that does NOT happen! What do you do with it? Here's your chance to find out!

Sweet, crunchy with a hint of anise taste, fennel is delectable thinly sliced and tossed in to a salad. A drizzle of balsamic and citrus dressing and a handful of fresh herbs. Stellar! Throw it in sliced or chopped in any vegetable sauté with 5-10 minutes left and it provides a lovely textural accompaniment with zucchini, broccoli and legumes—it will have a little less crunch but even sweeter flavor than it would in the raw fennel state. Want to really make fennel shine? Braise it in the oven. I know braising in the oven is probably the last thing you'd want on a hot summer's day but save this recipe for fall. Totally worth it. And don't forget you can use the fronds as you would any herb and it's great tossed in stocks!

There you have it folks. Hopefully I've made fennel a little less scary and a tad more exciting for your tastebuds. Enjoy and hopefully you'll scour the extras box hoping for more of this delightful little treat.

Next week's box: carrots, red new potatoes, fresh onions, zucchini/summer squash, cucumbers, tomatoes, green beans, and more.

Produce Storage: How and Where to Store Your Produce for Maximum Freshness

Everything in your box should be stored in PLASTIC BAGS in your fridge to keep greens crisp and fresh EXCEPT for TOMATOES AND POTATOES. Store those on your counter out of sun. Take greens off carrots for longer storage of the roots. If stored properly, everything should last at least 7-10 days.



What is this veggie? Fennel!

In addition to the recipes and ideas included in this week's newsletter, check out our website's recipe page for a couple more favorite fennel recipes:

- [-Fennel Egg Salad](#)
- [-Fennel Antipasto](#)

More Loon Website Recipes:

- [-Creamy Dill Dressing](#)
- [-Cucumber Agua Fresca](#)
- [-Refrigerator Pickles](#)
- [-Freezer Pickles](#)
- [-Chocolate Zucchini Cupcakes](#)
- [-Cucumber Salsa](#)
- [-Shrimp Zucchini Pad Thai](#)
- [-Zucchini/Squash Fresh Herb Fritters](#)
- [-Zuni Café Zucchini Pickles](#)
- [-Carrot Zucchini Bread with Candied Ginger](#)

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Recipe Corner

Cucumbers would also be a nice addition to this mix. We love fennel salads!

Shaved Fennel Salad

- 1 fennel bulb, shaved paper thin (a mandolin or sharp knife does the trick)
- 2 Tbsp extra virgin olive oil
- 1 Tbsp fresh orange or lemon juice
- 1/2 Tbsp balsamic vinegar
- 1 Tbsp chopped flat-leafed parsley or basil
- 2 Tbsp shaved Parmesan cheese (optional)
- 1/4 cup chopped kalamata olives (optional)

Gently toss all of the ingredients together. Serve. Yield: about 2 servings

Braised Fennel

Adapted from the Zuni Cafe Cookbook

- 2-3 fennel bulbs, each about 6-8 ounces, trimmed of stems and fronds
- 1-2 Tbs olive oil
- About 1/4 cup dry white wine
- About 1/4 cup good-quality chicken broth
- Salt, preferably a good, flaky variety such as Maldon

Preheat the oven to 375 degrees Fahrenheit.

Cut the fennel into 1- to 1 1/2-inch wedges, or, if you're using smaller bulbs, quarter them.

Warm about 1 Tbs of olive oil in a large (preferably 12-inch) skillet over medium-low heat. Lay fennel wedges in one crowded layer in the pan, and cook them until they are golden on the bottom, about 5-10 minutes, and then flip them to gild the other side. Salt them lightly. As the fennel finishes browning, remove the wedges to a flameproof baking dish. You may need to brown the fennel in batches, adding oil as needed, until all of it is browned.

Arrange the fennel in a single, crowded layer in the baking dish. Add the wine and chicken broth in equal parts to reach a depth of 1/2 inch. Place the dish over medium heat, and bring the liquid to a simmer. Transfer the dish to the oven, and bake until the fennel is tender, about 20-30 minutes. Serve, with additional salt for sprinkling. Yield: about 2 servings

This recipe was recommended by our workshare, Jenn, and it was a huge hit with her family. What a great way to use up a lot of zucchini and summer squash!

Chicken Curry with Zucchini Noodles

- 2 tsp turmeric
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp unrefined salt
- 2-3 cloves garlic, minced
- 1 inch piece of fresh ginger, grated (or 1 tsp dried ginger powder)
- 2 tbs coconut oil
- 1 and 1/2 pounds chicken, chopped into small 1-2 inch pieces
- 1 cup homemade bone broth
- 1 and 1/4 cup full fat coconut milk
- 3 medium carrots, chopped
- 1 red pepper, diced
- 4-5 medium zucchinis or summer squash, spiralized into noodles
- juice from 1/2 of a lemon
- cilantro for garnish

Directions

Combine turmeric, coriander, cumin, salt, chopped garlic, and grated ginger in a small bowl. Set aside. Melt coconut oil in a large skillet or pot over medium/high heat. Saute chicken pieces for 5-7 minutes, until no longer pink on the outside. Add spices, stir to combine, and cook for another minute. Then add bone broth and coconut milk. Stir to combine. Add in carrots and red pepper. Bring to a boil then turn down heat and simmer for 5 minutes. Then add zucchini noodles and cook for another 5 minutes, until chicken is fully cooked. Squeeze in lemon juice. Garnish with fresh cilantro.

And dig in! Recipe from Katja on Savory Lotus Blog:

<http://www.savorylotus.com/chicken-curry-with-zucchini-noodles/>